

PREPARING TO BE A GOOD MENTEE

This assignment has two parts. The first continues our work in self-reflection. You may want to revisit your goals after thinking through these questions (and that is ok—the goals are living documents.) The second portion is about your relationship with a mentor.

Feel free to ask some of these questions of your mentor. It's helpful to know how they think/work.

Individual reflection questions:

- 1) Do you find that you are interested in many things? Do you enjoy learning about new things? Do you get bored with topics or activities easily?
- 2) Do you enjoy understanding the intricate details of a physiological process or system (the biology)? Do you enjoy delving into the processes or systems at a societal level? In general, do you enjoy delving deeper into a single topic or do you prefer to learn a little about a lot of different things?
- 3) Do ideas come easily to you?
- 4) Do you enjoy figuring out how to do something? In other words, do you enjoy thinking about the best approach or process to use to solve a problem?
- 5) When confronted with a problem, such as a logic problem, computer issue, or related issue, do you keep working at it until a solution comes or do you say “forget this” and seek help?
- 6) Is it easy for you to pay attention to the details of things or are you better off if others pay attention to the details?
- 7) How do you feel when someone gives you constructive criticism? Are you sensitive or are you able to see the benefit?
- 8) How effectively do you manage your time? Are you able to stay on task or are you easily distracted?

- 9) Do you get satisfaction from little achievements or do you need something “big” to feel good about? Are you comfortable with delayed gratification?
- 10) Do you want to be a “scientist”, an “advocate”, or both? Do you want to advance science, change policy, implement programs, or some combination?

Mentorship questions

(Please bring responses to these and the responses from the interviews with your mentors)

Please take a little time to think about these questions. Answers do not need to be complete sentences – just jotting down your thoughts is fine.

- 1) Why is mentorship important – or isn't it?
- 2) What do you need to know about yourself when thinking about identifying a mentor?
- 3) What do you want/need to know about your possible mentor before entering into a mentorship arrangement?
- 4) Have you had good mentorship in the past? What were the key elements that made that mentorship succeed? If you haven't had good mentorship, what didn't work? If you haven't really sought mentorship, why haven't you?
- 5) In your current or future mentorship relationships, what are the most important things that you want from your mentor?
- 6) In your current or future mentorship relationships, what do you think your mentor should require of you?
- 7) Is one mentor enough or should you have a mentor team (panel, network)? If you have a mentor team, what specific areas would you like them to address?
- 8) What do you feel are the biggest challenges to identifying mentors?

9) Are you ready to be a mentor? What strengths do you bring as a mentor? What will be your weaknesses as a mentor?

10) What do mentors get out of being a mentor? Why should they do it?